



Pete Ricketts, Governor

DATE: December 22, 2019
TO: NDCS Inmate Population
FROM: Dr. Harbans Deol, Medical Director
RE: Influenza Update

A growing number of inmates have come down with the flu in recent weeks. Nationally, there has been a significant uptick in flu cases. Nebraska is among those states where the flu is widespread.

Flu is one of those viruses spread both through droplets and by touch. And often, people are contagious before they even realize they are sick.

Flu can be problematic for older adults and those with chronic conditions. For that reason, people in those groups are strongly encouraged to get vaccinated. Even healthy individuals should consider immunization as a preventative measure. NDCS nurses will be hosting clinics in the facilities so that individuals can receive their flu shot.

NDCS is taking a proactive and preventive approach to fighting the flu. Remember VCCC:

- **Vaccinate**
- **Cover** – coughs and sneezes
- **Clean** – wash your hands frequently with soap and water
- **Contain** – Avoid close contact with anyone who has the flu. If you are ill, try to avoid spreading it to others.

If you touch surfaces, avoid then touching your mouth and nose. In addition to hand-washing, clean communal surfaces frequently. Encourage visitors to be proactive about fighting the flu and follow the suggestions above. If they are sick, it may be best to reschedule the visit, rather than risk exposure and becoming ill too.

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As the number of confirmed flu cases grows, we will be taking other steps to contain unnecessary spread of the disease. This may include cancelling visiting, and modification to movement in order to minimize contact with those infected or exposed to the virus. With vaccinations, good sanitation, and containment – we can greatly reduce the risks associated with this flu season.

We will continue to provide updates as the flu season progresses. Until then, be vigilant, get as much rest as possible and continue to eat a healthy diet.